



SOCIAL SERVICES NEWS

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SENIORS MORNING OUT ANNOUNCES AUGUST ACTIVITIES

HICKORY -- The Seniors Morning Out Program of Catawba County will have a variety of activities in August, including presentations on the hobby of birding, a program on reverse mortgages, musical entertainment and more.

There are five locations for the program, which is open to anyone 60 or better who lives in Catawba County. The program is held from 8:30 a.m. to 12:30 p.m. Monday through Friday except for holidays. Each day, participants can enjoy a variety of activities followed by a balanced lunch. There is no charge, although donations are accepted. Any senior who wishes to attend is asked to call the site manager at least 24 hours in advance to reserve his or her spot. Some of the program highlights are as follows.

The West Hickory site is located at the Senior Citizens Center, 400 17th St. SW, Hickory. Participants will hear A Cancer Survivor's Story by Elaine Garner on Aug. 1. The group will go shopping at Walmart on Aug. 2. On Aug. 3, they will watch a video about the Presley family who had the first music show at Branson, Mo. On Aug. 7, an ice cream social will be provided by Brookdale Senior Living. On Aug. 13, singer Mable Gabor will entertain. On Aug. 20, Charles Wike and Shirley Hudson will sing for the group. On Aug. 21, Barbara Frye will discuss Reverse Mortgages. On Aug. 22, the group will shop at the Farmers Market. On Aug. 23, the group will learn about Birding with Others from Jean McAnulty. On Aug. 29, Tracy Paul of Catawba County Public Health will give a presentation on Staying Safe with The Air Quality Index. On Aug. 31, the group will learn to make jewelry with beads. To reserve your spot at any of these programs, contact site manager Annie Williams at least 24 hours in advance by calling 828-323-8746.

The East Hickory site is located at Highland United Methodist Church, 1020 12th St. Place NE, Hickory. On Aug. 1, Jim Dickerson will give a presentation on Disaster Preparedness. On Aug. 3, the group will play Wii Wheel of Fortune and horse shoes. They will shop at Walmart on Aug. 6. On Aug. 8, they will learn the Cupid Shuffle with Gloria Julian and The Girls. On Aug. 10, the group will dance to the Twist. On Aug. 13, Rita Pritchard will give a presentation on Macular Degeneration. On Aug. 21, Jean McAnulty will give a presentation on Birding With Others. On Aug. 22, the group will shop at the Farmers Market. On Aug. 28, Slim Jim will present Pickin' and Grinin' and Dancin'. On Aug. 29, the group will hear a presentation on Aging Changes in Immunity. For more information on any of these programs, or to reserve your place, contact Rita Pritchard at 828-320-5963.

Newton Seniors Morning Out meets at First Presbyterian Church of Newton at 701 N. Main St., Newton. On Aug. 1, Der Xiong of the Catawba County Extension Service will talk about Hmong Story Cloths. On Aug. 2, the group will play bingo with the Agape Day Camp. On Aug. 3, Amanda Munden of Senior Nutrition Services will present a clogging performance. On Aug. 7, the Eastern Sky Band will perform. Aug. 8 will be game day with corn hole, horse shoes and Uno. On Aug. 9, the group will shop at Walmart. On Aug. 14, the group will exercise with Sherry from the YMCA. On Aug. 20, the musical group John 3:16 will perform. On Aug. 21, they will go bowling at Pin Station followed by shopping at Honey's. The group will shop at the Farmers Market on Aug. 22. On Aug. 23, the group will celebrate Peach Month by learning to cook a peach cobbler. They will also hear a presentation on Food-borne Illnesses. On Aug. 28, The Koller Family will perform on piano and recorders. On Aug. 30, Jean McAnulty will give a presentation on birding. To register for any of these days, call Robyn Curtis at least 24 hours in advance at 828-455-4133.

The Claremont Seniors Morning Out Program is held at Bethlehem United Methodist Church at 3214 Catawba St., Claremont. On Aug. 1, the group will hear a presentation on diabetic shoes by Michelle Walsh. On Aug. 6, beekeeper Doug Vinson will discuss his hobby. On Aug. 8, the group will hear a presentation on Food-borne Illnesses. On Aug. 10, the group will play musical bingo with Bob Warchol. On Aug. 13, Jean McAnulty will give a presentation on Birding with Others. On Aug. 17, the group will enjoy popcorn and watch some of the Andy Griffith shows. On Aug. 21, they will go bowling at Pin Station and shopping at Honey's IGA. On Aug. 29, they will hear a presentation on Cooking with More Herbs and Less Salt. On Aug. 31, The Clontz Family and Friends will perform gospel music. To register for any of these days, contact Wendy Thomas at 828-320-0434.

The Maiden SMO is located at the Maiden Community Center, 207 E. Klutz St., Maiden. On Aug. 6, the group will learn about Healthy Senior Eating. On Aug. 8, they will hear a presentation on Emergency Preparedness by Jim Dickerson. On Aug. 10, five SMO participants will present a fashion show with fashions provided by Hi-Lites Boutique of Newton. On Aug. 14, there will be a Bean Auction presented by Bob Warchol from Pinecrest. On Aug. 15, there will be a presentation on The Male vs. Female Heart. On Aug. 16, Jean McAnulty will give a presentation on birding. On Aug. 22, the group will learn about Cholesterol and Health Management. On Aug. 27, the group will hear a program on "How Much Do You Know About the Senior Diet?" To reserve your place on any of these days, call site Manager Loretta Hefner at 828-320-5966 at least 24 hours in advance.

Seniors Morning Out is a program of Senior Nutrition Services of Catawba County Social Services. Volunteers are always needed to present programs or just to help out. If you are interested in volunteering, please contact Senior Nutrition Services at 828-695-5610. Donations are also welcomed and may be made by writing a check to Catawba County Social Services and writing Seniors Morning Out in the memo line. Checks may be mailed to P.O. Box 207, Newton, NC 28658. You may learn more and make an online donation by going to <http://www.catawbacountync.gov/dss/adult/nutrition.asp>. More information about Seniors Morning Out and other Senior Nutrition Programs is available on Facebook at <http://www.facebook.com/MealsonWheelsofCatawbaCounty>.

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